



COMPETITION RULEBOOK

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The CrossFit® German Throwdown

CrossFit® German Throwdown is an independently hosted competitive event that is the official CrossFit® Sanctional™ Event of Germany. CrossFit® German Throwdown have programmed their own workouts and scoring for the competition.

CrossFit® German Throwdown is not a part of the CrossFit Games season, but winners from the Elite Male, Elite Male and Elite Team competitions will earn invitations to compete at the Games.

If a winner at CrossFit® German Throwdown earns a spot to compete at the Games via another route, the second-place athlete at CrossFit® German Throwdown will earn an invitation to the Games. This process will repeat if the second-place finisher has earned a spot at the Games, and so on.

The CrossFit® German Throwdown consists of two stages of competition: The Qualifier and the Finals. This code of rules governs all stages of CrossFit® German Throwdown competition.

Any athlete with questions, concerns or problems in general should contact support@germanthrowdown.de.

Any athlete with questions concerning Competition Corner should contact support@competitioncorner.net.

Here are a few links for common FAQ's

I forgot my password

<https://help.competitioncorner.net/i-m-an-athlete/general-account-management/i-forgot-my-password>

How to submit score

<https://help.competitioncorner.net/i-m-an-athlete/online-competitions/how-do-i-submit-my-online-score>

Video Recording Tips

<https://help.competitioncorner.net/i-m-an-athlete/online-competitions/video-recording-tips>

Full Help Center designed specifically for the Athlete

<https://help.competitioncorner.net/i-m-an-athlete>

Terms and Conditions for the Competition

Naming conventions in this document

CF GTD:	CrossFit® German Throwdown
GTD:	German Throwdown
GTD HQ:	Entity that runs the GTD events
Qualifier:	The qualifier competition period
Finals:	The final event of the CrossFit® German Throwdown
Participant:	Athlete that is competing in the qualifier or final event either as an individual or in a team.

§ 1 REQUIREMENTS FOR PARTICIPATION

- 1) Following requirements have to be fulfilled by participant to be allowed to compete:
 - a. Participant must be of age in Germany or have a letter of agreement signed by a parent or a legal guardian at the beginning of the competition.
 - b. Participant must accept the terms & conditions, privacy policy and waiver.
 - c. Participant must register within the given timeframe for the online qualification using the online registration service of Competition Corner (CC).
 - d. The participant needs to pay a registration fee (all fees incl. VAT excl. CC fees).
Early Bird Fees:

24,90€	Elite Female & Elite Team
99,90€	Team

Fees during the last two weeks (last 14 days prior closing of registration):

29,90€	Elite Female & Elite Team
119,90€	Team
 - e. Participant must accept a possible drug test with no restrictions. The CrossFit Games Drug Testing Policy found at https://s3.amazonaws.com/crossfitpubliccontent/2020-CrossFitGames_DrugTesting_Program_R4.pdf shall apply to all participants registered for CF GTD events.

§ 2 DIVISIONS

- 1) CF GTD offers the following divisions:
 - Elite Female (open age)
 - Elite Male (open age)
 - Elite Team (2F & 2M) (open age)
- 2) Participant must choose the division for itself and must make sure that it meets the requirements.
- 3) Team will consist of four athletes (two females, two males). A team captain will set up the team with the team name and the specific team members. No inappropriate team names are allowed. A team can have a total of two alternates (1F & 1M).
- 4) GTD reserves the exclusive right to allow or deny the participation of any athlete or team. GTD also reserves the exclusive right to validate or invalidate any athlete's scores submitted for the purpose of qualifying for the final event. GTD will make such participation and scoring decisions to preserve the integrity of the competition. GTD reserves the right, in its sole and absolute discretion, to invite past winners, guest athletes, teams or others to participate in any stage of the competition.

§ 3 TRANSGENDER POLICY

GTD is committed to ensuring that all athletes have equal access and opportunities to participate in GTD events in a manner that is fair to all competitors while preserving the integrity of the sport. Transgender athletes are welcome to participate in accordance with the requirements set forth below.

1) Participation in GTD events

Athletes who plan to register in a gender category other than the gender assigned to them at birth must request their participation by contacting info@germanthrowdown.de. The email must confirm the following:

- Full name
- Their gender in their everyday life matches their registration gender.
- They have obtained civil documents with their registration gender identified. (e.g. Passport or driver's license).

Athletes who cannot meet the criteria above may provide medical or other evidence satisfactory to GTD, establishing that they self-identify as the gender stated in their registration. GTD will process each request on a case-by-case basis and may request further information such as evidence from a medical professional to support their application.

2) Challenges to the gender classification of an athlete

Any athlete registered for CF GTD may challenge the gender classification of an athlete by sending a confidential written request to info@germanthrowdown.de. That request will be reviewed by GTD HQ in such manner as it deems appropriate. In the interest of confidentiality, the receipt of the challenge will be acknowledged, but no further

information will be provided to the challenging party. GTD HQ may also conduct a review and evaluation of an athlete's gender classification on its own initiative.

3) Confidentiality and consent to sharing confidential information

The legitimate medical and other privacy interests of transgender athletes will be preserved. Any discussion involving the gender identity of an athlete and any documentation supporting a gender transition will be kept confidential on a need-to-know basis, unless the athlete makes a specific request otherwise. Athletes give their consent to GTD to share confidential information with others as may be reasonably required in the application of this policy or in the application of the transgender policies of other sports organizations in which the athlete is participating. GTD will not retain any medical documentation that may be provided by athletes in accordance with this policy after receiving notice from them that they will no longer be participating in GTD events.

4) Questions concerning transgender policy

GTD is committed to ensuring that transgender athletes understand their opportunity to participate in Strength in Depth events under this policy. Any athlete with questions or concerns about this policy should contact info@germanthrowdown.de.

§ 4 CODE OF BEHAVIOR DURING COMPETITION, DECISION OF JUDGES

- 1) All athletes agree to compete in a sportsmanlike manner. Unsportsmanlike behavior, such as arguing with an official or representative of GTD HQ, taunting, heckling, fighting, or participating in any conduct that would bring disrepute upon GTD, the competition, other competitors, spectators, or event sponsors, as determined by GTD HQ, in the eyes of the viewing public or the GTD community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events, or legal action.

All athletes agree to put forth suitable effort in every workout or event in every stage of competition. Deliberately doing less work or performing at a level below what one is capable of (referred to as "sandbagging") in order to gain advantage in another workout or over another athlete or team is prohibited. Any athlete deemed by GTD to be sandbagging may be penalized or disqualified from competition as GTD sees fit in its sole discretion.

Any action that prevents another athlete from having a fair opportunity to compete (e.g., abuse or alteration of equipment or refusal to follow instructions), that interferes with athlete and judge communication (e.g., external noise devices, bull horns, air horns), or that is generally disruptive to the event is not allowed.

Athletes will be held accountable for the behavior of their coaches, teammates, team managers, supporters, and guests. If the conduct of any member of such a group or groups is deemed by GTD HQ to be unsportsmanlike or

disruptive to the competition, then the coach, teammate, supporter, guest, or athlete is subject to the same disciplinary actions.

This is not an exhaustive list and is meant as a guide for athletes, coaches, and other attendees. This is not intended as a limitation on GTD HQ's rights to operate the CF GTD in any manner it sees fit. GTD HQ reserves the right to terminate the participation of any athlete, coach, staff, volunteer, judge, visitor, guest, supporter, teammate and/or spectator attending or viewing any sponsored, sanctioned, or supported GTD event at any time, with no further obligation or duty to such individual.

All information provided, either in registration submissions, video submissions, scores, times, reps, or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the rules or intent of the rules of the GTD, including lying (as one example), will result in disqualification.

GTD HQ has and may delegate to an on-site director the absolute authority on any final ruling, including, without limitation, disqualification of an athlete, removal of spectator(s), or dismissal of any attendee.

- 2) Decisions of judges and organizer are binding and final.

§ 4 QUALIFICATION (ONLINE COMPETITION)

- 1) Participant has to absolve specified workouts. Descriptions for online competition workouts will be provided online.
- 2) Descriptions will contain relevant workout criteria, like:
 - Prescribed exercises including start and end position. As well as forbidden execution, technique or equipment.
 - Prescribed number of repetitions or repetition scheme and/or time.
 - Prescribed equipment (if necessary). Rowing has to be done on a Concept2 rowing machine with a PM3 or PM4 or PM5 monitor.
 - Prescribed weight in kilograms (if necessary). If the athlete uses lbs-weights the athlete has to convert in kilograms (1 kg = 2,2 lbs). The converted amount will then be rounded to the next full kilogram.
 - Time limit
- 3) In all stages of competition, including the Open, it is the athlete's responsibility to adhere to the workout format. This includes performing all required movements to the described standard, counting and completing

all required repetitions, using the required equipment and loads, meeting the time requirements, and meeting all submission standards and video standards. Modifying the workout format in any way is prohibited and will void an athlete's score.

- 4) Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
 - Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed
 - Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of the CF GTD Head judge or the assistant CF GTD Head judge prior to the beginning of the competition may be granted an exception at the CF GTD'S sole discretion. (participants competing at the QUALIFIER must email info@germanthrowdown.de before the registration deadline) These cases are very rare and will be handled on a case-by-case basis.
- 5) Registration dates:
 - Individual registration starts 2019/11/11 and lasts until 2020/01/16 23.59h CET
 - Individual registration starts 2019/11/11 and lasts until 2020/01/16 23.59h CET
- 6) Online qualification consists of multiple workouts.
 - Workouts of Week 1 will be announced on 2020/01/10 and score must be entered before 17.59h CET of 2020/01/20.
 - Workouts of Week 2 will be announced on 2020/01/17 and score must be entered before 17.59h CET of 2020/01/27.
- 7) Online competition starts and ends on dates published on Competition Corner. The organizer has the right to make changes.
- 8) Results submitted after the deadline will not be accepted. Only valid and correctly submitted scores will be accepted.
- 9) A judge is mandatory. Judges must uphold the standards and must be present during the entire workout watching/ judging the participant.
- 10) A video is required for participants in any division. Video has to show the entire workout and standards have to be visible in a good way.
 - Good Video: The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted.
 - Valid With Minor Penalty: Over the course of the video, the athlete demonstrates a small number of "no reps" that result in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete's final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.* A minor

penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.

- Valid With Major Penalty: Over the course of the video, the athlete demonstrates a significant number of “no reps” that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied and the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.* A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment
- Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no reps,” or the video does not contain the criteria listed in the video submission standards. The athlete’s score may be rejected, and the video will be removed. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout

NOTE: A score adjustment occurs when an athlete’s score needs to be modified based on miscounted reps, “no reps,” or a combination of the two. A score adjustment may stand alone or be applied in conjunction with a result from a minor or major penalty as described above. CF GTD will apply time penalties based on the movements and/or circumstances in any given workout. Each movement may not have the same time penalty applied to it, and CF GTD reserves the right to update time penalties for movements based on the specifics of the overall workout, when specific movements appear in a workout, or the pace of the athlete performing the movement(s).

11) An athlete submitting a video for review will receive an email message from GTD if the score posted with the video is modified. The message will give a brief description explaining the reason for this change in score.

Any athletes who disagree with their score modification must contact support@germanthrowdown.de upon receiving notification that their score has been modified. In the email, they must list the workout in question, the original score, the modified score, and the reason given for the score modification. They must also provide a brief explanation for why they are appealing the decision.

GTD will review the athlete’s appeal and the video in question in order to render a final scoring decision. This decision will be communicated to the athlete via email.

12) GTD is not responsible for any problems or technical hardware or software malfunctions.

13) The following numbers of athletes (including wildcards, past winners, guest athletes or teams) will be invited to the finals after qualification:

- 40 Elite Female
- 40 Elite Male
- 30 Elite Team

§ 5 QUALIFICATION SCORING SYSTEM

- 1) Scoring of each workout of GTD is based on fastest time, most repetitions or highest weight and will be shown on the website.
- 2) If the workout is based on fastest time, the ranking will go from fastest to slowest time in which the entire workout is finished. If the workout is based on highest number of repetitions, the ranking goes from highest to lowest number of repetitions. If the workout is based on highest weight, the ranking goes from highest to lowest weight.
- 3) For individuals, it will simply be their score. For teams, it will be the sum of the two male scores and two female scores of one team. The team captain has to make sure that the sum is correct and that they submit all videos if required.
- 4) Ranking follows the following system: Participant who is placed first gets one point, second gets two points, third gets three points, ..., 103rd gets 103 points etc. The athlete who has the lowest sum of points after all three qualification workouts is first, the one with the second lowest sum of points is second etc.
- 5) In case of a tie, the higher ranked participant will be determined by their highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their second highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their third highest finish in one workout. This will continue until as often as there are workouts. If there is still a tie after this process the winner will be chosen by lottery.
- 6) Every participant is responsible for upholding the standards. Additionally, a judge has to be present during the entire workout. The Judge has to verify movement standards, count repetitions and validate the score after the workout.
- 7) Submission of scores in the online competition is based on honor and honesty. Final result of the online qualification will be determined by the organizer following the rules of ranking.

§ 6 FINALS

- 1) The finals will take place in the Arena Halle in Berlin, Germany on the weekend of 2020/03/28 & 2020/03/29.
- 2) Participants who will get an invitation to the finals will have to accept the invitation before the given deadline by logging on to their athlete profile on Competition Corner and paying the registration fee of 149.90€ for Elite Female or Elite Male and 349.90€ for the Elite Teams. If the participant does not respond within the deadline, his spot will no longer be valid. In this case – and if the athlete does not want or is not able to take part – the organizer has the right to nominate the next participant of the division.
(All prices include VAT. Please note that Competition Corner will add a processing fee.)
- 3) On finals' days, participants must complete several workouts. Location, time and information about the workouts will be communicated latest on-site of the finals.

- 4) On-site appeals, event protests, or scoring questions will be filed by the athlete or team with the Head Judge immediately following the event or at the earliest possible opportunity. If the event Head Judge is unavailable, a director or alternate Head Judge can begin the appeals process.

Judgment calls made during an event are final and not negotiable or subject to change, modification, or appeal. In addition, athletes may not protest discrepancies related to the judging, scoring, or performance of another athlete or team. GTD has final authority on all athlete event appeal decisions and may delegate this authority to the Head Judge.

Video, photos, cell phone media, or any other media will not constitute grounds for changing or modifying a decision, score, or entry made by an event judge.

Nothing in these procedures concerning event appeals, scoring discrepancies, event movement standards, or range of motion requirements should be read as a limitation on GTD HQ's right to run or operate any GTD HQ-supported or sponsored event as it sees fit in its sole and absolute discretion. The Head Judge and GTD HQ's decisions are final. This includes the right to remove or disqualify any team or athlete at GTD HQ's sole and absolute discretion.

- 5) Any athlete (individual or team) who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the medical staff and Head Judge or on-site director before returning to competition. The Head Judge or on-site director will have the authority to remove the athlete from the competition based on the severity of the injury, likelihood of further injury, and other factors.

Individual or team athletes who miss their heat for an event due to injury or while undergoing medical treatment or assessment will be disqualified from the competition.

If any team member is disqualified from competition due to injury, the team may continue to participate if the team can potentially meet the minimum work requirements for an event. If the team cannot meet the minimum work requirements for an event without a full roster, then the team may not take the competition floor and it will be disqualified from the competition.

§ 7 SCORING OF THE FINALS

- 1) Winners will be determined by highest sum of points.
- 2) Scoring follows a 100-point scale for tier A workouts and a 50-point scale for tier B workouts.
- 3) There will be a cut during the weekend. A specified number of participants will advance to the next workout, depending on the sum of their points.
- 4) Each workout will be judged by an official judge who will check all criteria regarding workout and ranking. Each athlete must sign the score card. A signed score card is valid and cannot be contested. The Organizer

reserves the right that Head Judge may alter the score if there is sufficient evidence of a mistake in the original score. Decisions of judges are final and binding.

- 5) In case of a tie, the higher ranked participant will be determined by their highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their second highest finish in one workout. If this still results in a tie, the higher ranked participant will be determined by their third highest finish in one workout. This will continue until as often as there are workouts. If there is still a tie after this process the winner will be chosen by lottery.

§ 8 ACCEPTANCE OF PUBLISHING AND TRANSMISSION OF DATA, VIDEOS, PERSONAL RIGHTS, THRID PARTIES AND COPYRIGHT

- 1) To verify scores, the organizer has the right to ask for videos of the participants' workout.
- 2) With your participation you accept production, publication, editing and distribution of videos/photos according to following clauses. You accept that:
 - a. We are allowed to take videos, photos and other media of you at the final days. We are allowed to upload and publish this content and videos you transferred to us on our website and YouTube, run by YouTube, LLC, 901 Cherry Ave., San Bruno, CA 94066, USA („YouTube“). You accept that we are allowed to hand this content on to our partners and sponsors. Partners and sponsors are allowed to upload and publish to public to promote GTD and their support.
 - b. We are allowed to use photos on our media platforms.
 - c. We are allowed us to duplicate and broadcast videos and photos by using digital storage and retrieval media – regardless technical equipment including all digital or interactive systems (e.g. CD-ROM, CD-I, e-book and other electronic publishing's)
 - d. We have the right to publish in other ways of duplication and broadcasting of photos, e.g. in calendars, in particular for digital, photomechanical or similar methods (e.g. digital photocopy)
 - e. We have the right to archive videos and photos alone or in combination with the work or other works and usage or editing of video and photos in a physical or non-physical way, collect in collections and/ or data banks and give access to third parties to videos and photos in any way (e.g. online services).
 - f. We have the right to edit/ deform or charge someone to edit/ deform videos and photos all or part with using all analog, digital or other methods, in particular the right to change, enhance and combine with other works, determine titles, digitize video or photos, add texts to videos or photos regardless content, add interactive elements, in particular add hyperlinks plus analyze edited version respecting limitation of admitted rights;

- g. We have the right to use video and photos for copies, broadcast or other play backs including internet all or part respecting admitted rights for advertisement for publisher or third parties including their products – with or without payment.
- 3) If you transfer videos to us in which other persons are visible you declare that you have their approval (underage person approval of parent or legal guardian) for making, publishing and forwarding and that their personal rights are not offended.
- 4) Contravention will lead to deletion and to exclusion from competition. Enforcement of other requirements remain hereof unaffected.
- 5) Acceptance is effective worldwide and with no time limit.

§ 9 CHANGES

1. GTD can revise this rulebook anytime. Changes to the rulebook will be communicated (with changes) on our website <https://germanthrowdown.de>.
2. In any cases where the rulebook, workout descriptions or other GTD communication is unclear, the GTD has always the final word.